



HIGH SCHOOL BREAKFAST AND LUNCH ENTREE MENU JANUARY 2023

HIGH SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00

HIGH SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: FREE // REDUCED STUDENT LUNCH: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL
8 French Toast Sticks Breaded Chicken Sandwich Steak Fingers	9 Chocolate Chip Waffle Chicken Burrito Bowl Beef Burrito Bowl January Salad: BBQ Chicken	10 Cranberry Orange Muffin Crispy Chicken Tender Tacos January Salad: BBQ Chicken	11 Turkey Ham & Cheese Croissant Spicy Chicken Sandwich Macaroni & Cheese January Salad: BBQ Chicken	12 Cinnamon Roll Spicy Chicken Sandwich Chili & Cheese Dog
15 NO SCHOOL	16 Sausage & Cheese Biscuit Chicken Burrito Bowl Beef Burrito Bowl January Salad: BBQ Chicken	17 Chocolate Chip Waffle Sweet n Sour Chicken Spicy Chicken Sandwich January Salad: BBQ Chicken	18 Breakfast Tacos Breaded Chicken Sandwich Corn Dog January Salad: BBQ Chicken	19 Cinnamon Roll Meatball Sub Spicy Chicken Sandwich
22 French Toast Sticks Corn Dog Spicy Chicken Sandwich	23 Chocolate Chip Waffle Chicken Verde Burrito Bowl Beef Burrito Bowl January Salad: BBQ Chicken	24 Cranberry Orange Muffin Spaghetti & Meatballs Spicy Chicken Sandwich January Salad: BBQ Chicken	25 Turkey Ham & Cheese Croissant Plain Nachos Beef Nachos January Salad: BBQ Chicken	26 Cinnamon Roll Cheese Enchiladas Spicy Chicken Sandwich
29 Mini Pancakes Corn Dog Spicy Chicken Sandwich	30 Sausage & Cheese Biscuit Chicken Verde Burrito Bowl Beef Burrito Bowl January Salad: BBQ Chicken	31 Breakfast Pizza Chicken & Veggie Pot Stickers Sweet n Sour Chicken January Salad: BBQ Chicken		

VIEW DAILY FRUIT, VEGGIES, AND MORE AT [SCHOOLCAFE.COM/CFISD](https://www.schoolcafe.com/cfisd)

A Complete Breakfast Includes:

Choice of 1 entrée

2 fruits OR 1 fruit & juice

1% white or fat-free chocolate milk

A Complete Lunch Includes:

Choice of entrée

2 fruits

2 vegetables

1% white or fat free chocolate milk

Lunch Entrée Salad:

Tuesday, Wednesday & Thursday

Greek Salad

All breads, breading, cereals, rice, and
pasta are 51% or more whole grains,
except biscuits & tortillas.

Daily Breakfast Features:

Yogurt & granola

Oatmeal Bar

Whole grain cereal

100% fruit juice

1% white or fat free chocolate milk

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food

Menus also available at [Schoolcafe.com](https://www.schoolcafe.com)

Nutrient Analysis is available at <https://www.cfisd.net/Page/3593>